

# PRO-FORM<sup>®</sup>

Model No. PFMC0755.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

**1-888-533-1333**

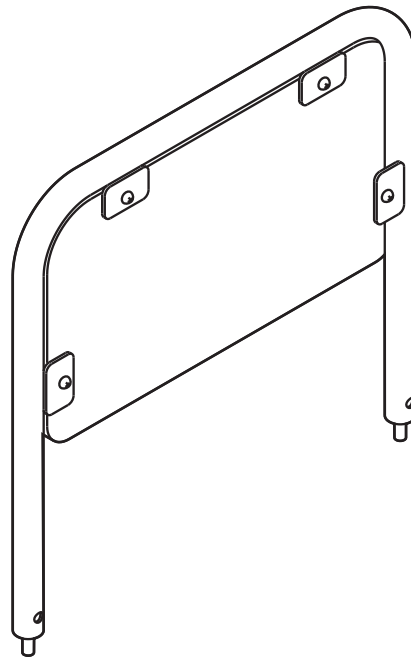
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

[www.proformservice.com](http://www.proformservice.com)

# PILATES FOOT PAD

## USER'S MANUAL



## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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fitness tips, and much more!*

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## IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the accessory.

1. Read all instructions in this manual and the literature included with your exercise bench before using the accessory. Use the exercise bench and accessory only as described in this literature.
2. It is the responsibility of the owner to ensure that all users of the accessory are adequately informed of all precautions.
3. The accessory is intended for home use only. Do not use the accessory in any commercial, rental, or institutional setting.
4. Keep children under 12 and pets away from the accessory at all times.
5. Keep the accessory indoors, away from moisture and dust. Do not put the accessory in a garage or covered patio, or near water.
6. Make sure that all parts are properly tightened each time the accessory is used. Replace any worn parts immediately.
7. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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## BEFORE YOU BEGIN

Thank you for selecting the versatile PROFORM® PILATES FOOT PAD accessory.

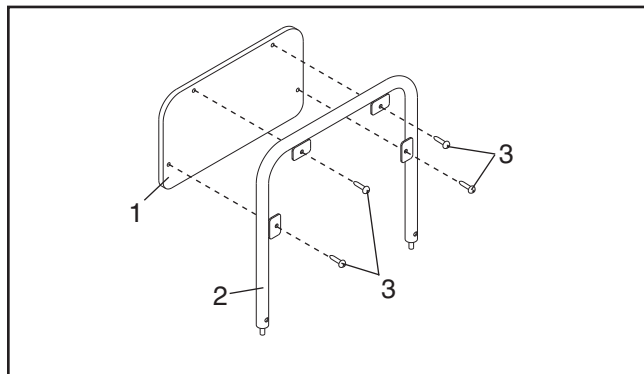
**For your benefit, read this manual carefully before using the accessory.** If you have questions after reading this manual, see the front cover of this manual. The model number is PFMC0755.0. The serial number

can be found on the accessory packaging (see the front cover of this manual).

**To avoid a registration fee for any service needed under warranty, you must register the accessory at [www.proformservice.com/registration](http://www.proformservice.com/registration).**

# ASSEMBLY

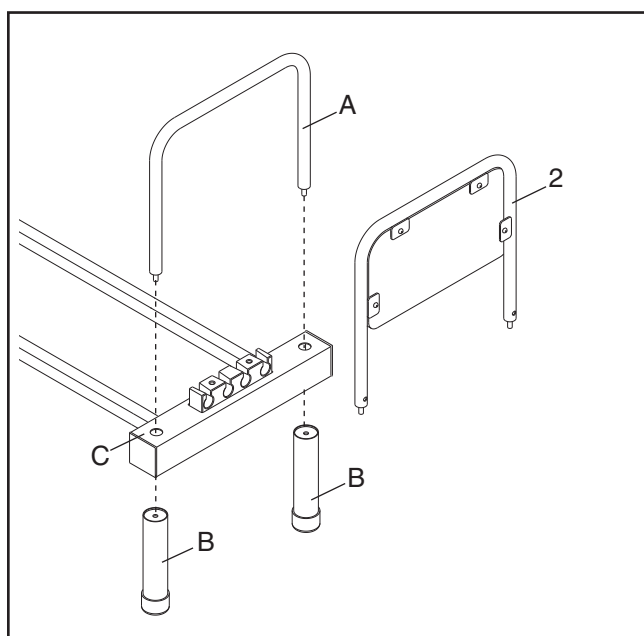
Orient the Foot Bar with Brackets (2) as shown. Attach the Foot Pad (1) to the Foot Bar with four M6 x 16mm Screws (3). **Note: The Foot Pad should be inside the Foot Bar frame.**



# ADJUSTMENTS

## CHANGING THE FOOT BAR

To change the Foot Bar (A or 2) attached to the exercise bench, first remove the two indicated Cap Legs (B) and attached Foot Bar. Then, insert the new Foot Bar into the end of the Inner Frame (C). Reattach the two Cap Legs to the ends of the Foot Bar.

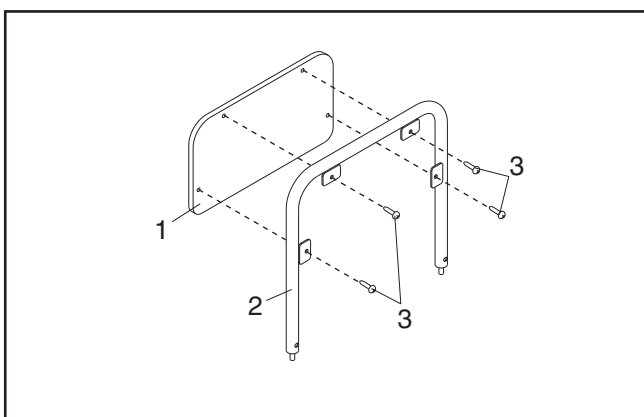


# PART LIST/EXPLODED DRAWING — Model No. PFMC0755.0

R0805A

Key No.	Qty.	Description
1	1	Foot Pad
2	1	Foot Bar with Brackets
3	4	M6 x 16mm Screw
#	1	User's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



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# ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

1. the MODEL NUMBER of the product (PFMC0755.0)
2. the NAME of the product (PROFORM PILATES FOOT PAD accessory)
3. the SERIAL NUMBER of the product (see the front cover of this manual)
4. the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING)

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## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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